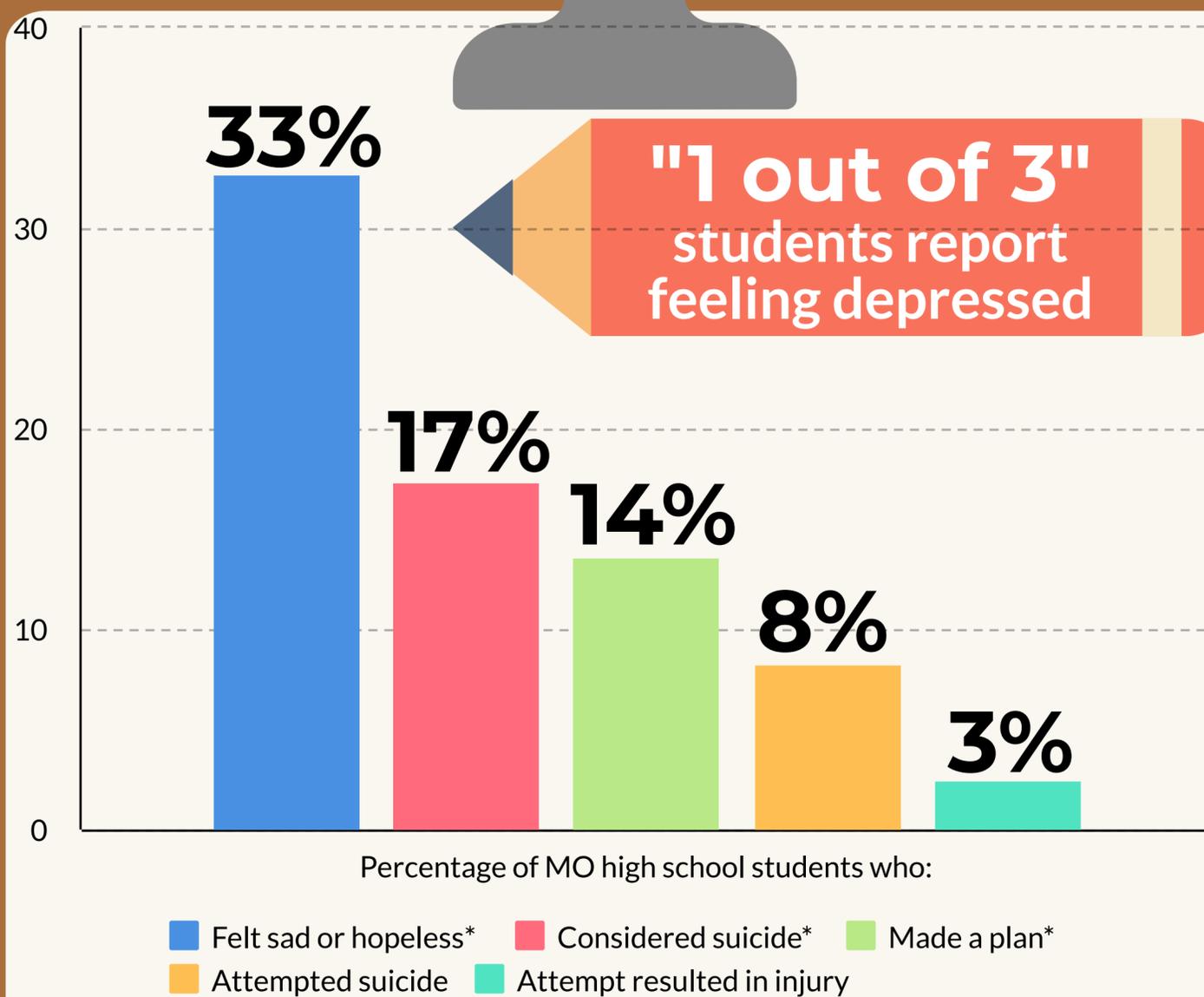


Emotional Distress & Suicide

Among Missouri High School Students

According to the CDC, feelings of **hopelessness** or **isolation** are risk factors associated with **suicide**.



(*Percentages have increased significantly in the last 10 years.)

If you, or someone you know struggles with depression:

- Reach out to a close friend or loved one.
- Get help from a healthcare provider.
- Call **1-800-273-TALK (8255)** to reach a 24-hour crisis center or dial 911.

NATIONAL
SUICIDE PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org